



IMPACTS OF MEDICINE BALL EXERCISE ON SELECTED PHYSICAL FITNESS VARIABLES OF SCHOOL GIRLS HAND BALL PLAYERS

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ABSTRACT

The present investigation was to discover the impact of medication ball practice on chose on physical wellness factors of secondary school level young ladies hand competitors. To accomplish the reason for the investigation 40 young ladies hand competitors were chosen from MaruthamalaiDevasthanam higher auxiliary school, Coimbatore. Their age extended between 12 to 14 years. They were separated into two equivalent gatherings. The gathering I was considered as test gathering. The gathering II was considered as control gathering. The control bunch was not treatment. The test amass experienced prescription ball practice for multi day of the week. The test bunch after the multi week preparing noteworthy enhancement for select physical wellness variable (Flexibility, Arm Strength, Arm Explosive Power) of school young ladies hand competitors.

KEYWORDS: Adaptability, Arm Strength, Arm Explosive Power.

INTRODUCTION

Physical wellness is the capacity of a person to complete every day errand with force and readiness without undue weariness and with sufficient vitality. The medication ball is a weighted ball utilized for stomach, back and hip strength. Preparing with the drug ball has a few advantages when consolidated into a work out schedule. Medication balls are additionally extraordinary for creating upper and lower body quality .Flexibility is the capacity of each joint it travels through the accessible scope of movement for an explicit joints .The degree to which muscles can apply drive by contracting against opposition. Arm dangerous power allude to these exercises that to muscles to achieve maximal power in the shorter conceivable of time.

METHODOLOGY:

The irregular gathering configuration was utilized 40 young lady's handball players were chosen. Their age extended between 12 to 14 years. They were partitioned into two equivalent gatherings. The gathering I was considered as exploratory gathering. The gathering II was considered as control gathering. The control gather was not given any treatment and Experimental gathering experienced prescription ball practices for three days of the week. The test gather was given preparing for time of multi week drug ball work out.

RESULT AND STASTICAL TECHNIQUE:

The gathered information were statically broke down with Paired (examples) t-test to discover the critical enhancement among pre and post mean all things considered. The dimension of $p \leq 0.05$ was viewed as critical.

Adaptability: Table III demonstrates the mean estimation of pre and post trial of control assemble was 6.71 and 5.93 individually. The 't' proportion on adaptability of secondary school level young ladies hand competitors. Since obtained 't' proportion of 1.99 was not exactly the required table estimation of 2.09 seemed critical at 0.05 dimension of certainty.

Arm quality: Table II demonstrates the mean estimation of pre and post trial of control aggregate was 7.75 and 6.95 individually. The 't' proportion on adaptability of secondary school level young ladies hand competitors. Since got 't' proportion of 1.56 was not exactly the required table estimation of 2.093 seemed critical at 0.05 dimension of certainty.

Arm unstable power: Table II demonstrates the mean estimation of pre and post trial of control amass were 6.71 and 5.93 individually. The 't' proportion on adaptability of secondary school level young ladies hand athletes. Since Obtained 't' proportion of 1.99 was not exactly the required table estimation of 2.09 seemed huge at 0.05 dimension of certainty.

The acquired variables 't' proportion of 1.99, 1.56, 1.99 separately.

CONCLUSION:

In view of the finding the accompanying end were determined .It was reasoned that exploratory gathering following multi week preparing demonstrated a noteworthy enhancement in Flexibility ,Arm Strength ,Arm Explosive Power. It was presumed that control assemble demonstrated a no noteworthy enhancement in Flexibility, Arm Strength, and Arm Explosive Power.

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